



RETRIEVER INTEGRATED HEALTH

## Spring 2025 Workshop Descriptions

Workshops teach specific concepts and skills that students can either use on their own or bring into individual or group counseling sessions at RIH to deepen their work. Workshops are open to all members of the UMBC community and require no clinical intake with RIH. As non-clinical informational sessions, workshops do not require personal sharing, though active engagement is always encouraged.

Rooms for in-person workshops are listed below and links for virtual sessions can be found on the event listings on RIH's [myUMBC](#) site.

### **Question, Persuade, Refer: Suicide Prevention Training**

Suicidal thoughts are more common than people realize, with suicide being the 10th leading cause of death in the United States. Retriever Integrated Health is offering a new 1-hour training option for supporting people who experience suicidal thoughts.

The Question, Persuade, Refer (QPR) Suicide Prevention Training is an evidence-based program that will help you learn the signs that someone might be thinking about suicide, how to talk to them about their mental health, and how to refer them to a mental health professional to get help and support. With these skills, YOU have the power to help save a life.

Departments and student groups can request QPR training for their group by using this [form](#).

### **Starting the Semester Right: How RIH Supports Student Mental Health**

Starting the semester with your mental well-being in mind is key! Learn about the services Retriever Integrated Health offers that can help you manage stress and anxiety during the year.

- Thursday, February 6 from 2:30 – 3:15 p.m. ([Virtual](#))

### **Mindfulness Workshop**

Feelings of anxiety can interrupt daily life and can be difficult to bounce back from. One practice that can help prevent anxiety and panic from taking over is mindfulness. Mindfulness is a state of nonjudgmental awareness of what is happening in the present moment, including the awareness of one's own thoughts, feelings, and senses. The ability to be mindful can reduce symptoms of depression, improve memory, enhance relationships, and improve your ability to



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manage emotions. During this workshop you will learn the benefits of mindfulness practices and be guided through various exercises.

- Wednesday, February 19 from 12 – 1 p.m. (In-Person) Commons 318
- Thursday, March 27 from 12 – 1 p.m. (In-Person) The Women’s Center

### Executive Functioning Workshop Series

Executive functions are things we do daily that help us get things done, like making lists, managing a schedule, and setting reminders. Attendees of this 3 workshop series will work on developing skills to overcome barriers to success, including time management, task prioritization/implementation, motivation and self-accountability.

- Tuesdays, March 25, April 1 and 8 from 1 - 2 p.m. (Hybrid)
  - CWB 118 or [join virtually](#)

### Anxiety Toolbox Series

Anxiety Toolbox is a series of 3 workshops designed to help people learn about anxiety and some basic skills to help identify and manage anxious thoughts and behaviors. You can also download and review the Anxiety Toolbox Student Workbook that we'll use in the workshop [here](#).

- Wednesdays, February 19 and 26, and March 5 from 2 – 3 p.m. (In-Person) Commons 318
- Fridays, April 18 and 25 and May 2 from 2:30 – 3:30 p.m. ([Virtual](#))

### How to Get a Good Night’s Sleep

Sometimes it feels like there aren't enough hours in the day, and when we're busy what ends up falling to the wayside? Probably sleep. But sleep is actually one of the most important ways to promote healthy brain function- including concentration and memory- the things you need to succeed in college! Join Retriever Integrated Health to talk about some ways to improve sleep and learn how RIH's counseling and medical services can further support your journey to a better night's sleep.

- Tuesday, March 11 from 2:30 – 3:30 p.m. (In-Person) Commons 318

### Mentally Preparing Yourself for the Job Market

Leaving behind an academic career and navigating an ever-changing world of work takes preparation, motivation, and resilience. Retriever Integrated Health and the Career Center are partnering up to help students change the way they think about approaching the job market. In



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this workshop, students will learn about how to be efficient and strategic with their search, as well as how to persevere when things don't go as expected. Both graduate and undergraduate students are encouraged to attend and consider what comes next in their careers, including any potential bumps along the way.

- Thursday, March 13 from 2:30 – 3:30 p.m. (Hybrid) Commons 318 or [join virtually](#)

### **Managing Exam Stress with Mindfulness**

Mid-terms are over and the semester is winding down! It's normal to feel more stressed during this time, but that doesn't mean that you can't do anything about it. The ability to be mindful can reduce symptoms of depression, improve memory, enhance relationships, and improve your ability to manage emotions. Take a break with Retriever Integrated Health to practice mindfulness and find where this skill can fit into your healthy stress-management routine this exam season.

- Tuesday, April 22 from 12 – 1 p.m. (In-Person) The Women's Center